

# Clear Day in Cardiff

**Saturday 24<sup>th</sup> October**

**9.30-17.00 approx**

*Only £120 adults, £80 students, £60 children, includes lunch*

A Clear Day is an opportunity to accelerate your healing or to take it to a different level. Clear Day is actually short for "Clearing Out Day". It's a means of "clearing out" many of the old tensions and attachments to how we've been for so many years and to create space for new opportunities, and new levels of growth and healing.

What does it involve? A series of Network Entrainments combined with Somato Respiratory Integration exercises. This assists you in becoming more connected to your true self and releasing old protective defence patterns that are no longer serving you. And also an opportunity to meet, share and heal alongside like-minded people in a supportive environment.

This is primarily for people already under Network Care. If you are not under care and are interested please talk to your Chiropractor as soon as possible to discuss whether this would be suitable for you or call Dr. Talbot in Cardiff.

## **What people are saying about NSA.....**

**"I started care for relief from back pain, but got more than I bargained for. My whole attitude to life has changed, I'm more positive, my self esteem has trebled, I'm more relaxed. Life is so much more fun"**

**I am simply blown away by my experience of the clear day,  
NSA is so much more than chiropractic and the rewards are fantastic**

**"I have so much more energy, I feel 20 years younger"**

**"I changed so much in one day, more than I ever could have predicted"**

**"I sleep so well and wake up refreshed"**

**"My 1<sup>st</sup> clear day was really where I "got the wave". It really accelerated my progress"**

**"My posture has transformed, I was turning into an old woman and now I look and feel great"**

**Book now by calling 029 2023 6636 or email [Chiropractic.4Health@yahoo.co.uk](mailto:Chiropractic.4Health@yahoo.co.uk).**